

Strike the Balance



Assess your current work-life balance and discover where to start your change.

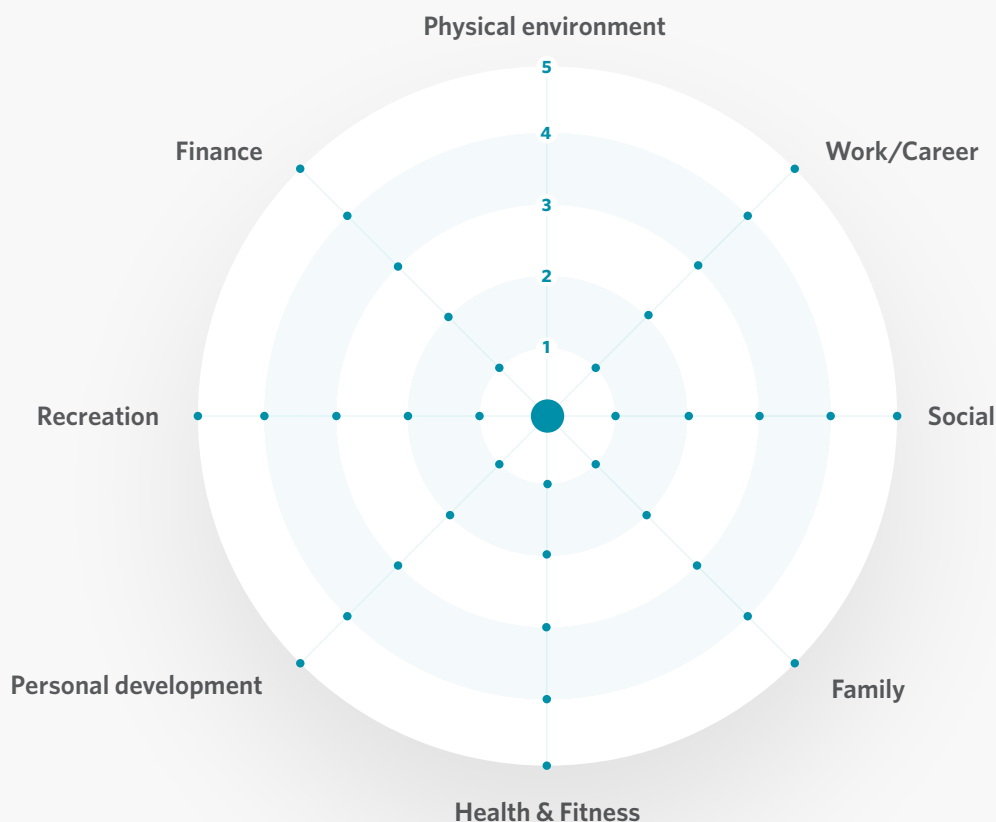
Building awareness is the first step to change. But how aware are you of your current work-life balance? Could changes be made to help you feel and live your life better? Fill out the wheel to find out.

For each area, give yourself a satisfaction rating from one to five and mark that point on the chart.

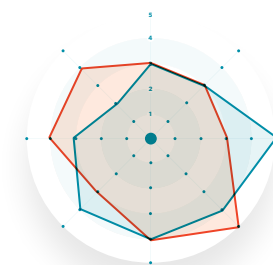
Notice how you feel about different scores, then ask yourself: Are you happy with your wheel of balance? What changes could you make to improve it? Is it all intentional or do you feel it's just become that way?

The work-life balance wheel

Share your work-life balance wheel with a friend, family or colleague. It always helps to talk it through with another person!



Example wheel



- Current state
- Target state